

Fitness Classes - Seneca@York

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Summer 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
12:15pm - 1:15pm			Yoga	Yoga	
12:40pm - 1:40pm	Yogalates				
1:40pm - 2:40pm	Zumba	Circuit Training			
2:15pm - 3:15pm			Yoga		
2:40pm - 3:40pm	Yogalates			Wellness Walk/ Run	
3:15pm - 4:15pm		Mid-Advance Level 5k Run			
3:30pm - 4:30pm			Barbell Training		
4:30pm - 5:30pm			Cardio Kickboxing		
4:45pm - 5:30pm				Cardio Kickboxing	
5:20pm - 5:40 pm	Hip Hop Fusion	Hip Hop Fusion		Hip Hop Fusion	